

Community Garden News

City of Loma Linda

September 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

A SPECIAL THANKS

Several of you have been taking the time to pull weeds throughout the garden, cleaning up the shed, cleaning tools, watering the vines against the fence, watering the trees, decorating the garden with a personal touch, checking on the garden, and making sure the gate is locked in the evening. Thank you for taking the time in keeping the garden running!

SEPTEMBER is National Cholesterol Education Month

To learn more about
cholesterol
awareness.
Visit ...
www.nhlbi.nih.gov



Please Be
Water Wise

The Heirloom Garden

When shopping for seasonal seeds have you ever wondered what makes the heirloom variety so distinct from everyday seeds. Generally, the word "heirloom" is used to refer to a variety, that is at least 40-50 years old, no longer available in the commercial seed trade and that has been preserved and kept true in a particular region. Obviously, heirloom varieties have been saved because they have some real virtues. For example, heirloom tomatoes are known for their superior flavor, color or texture for home garden situations but lack the holding ability, disease resistance or early maturity, etc., that would make them commercially viable.

While heirloom tomatoes may not look like the everyday store bought tomatoes they are full of the anti-oxidants, vitamins and cancer preventing agents that



are specific to the tomato family. Don't let those vibrant colors deter you. Why not add a little variety to your salads and family tomato dishes? The colors normally determine the amount of acidity, darker colors are more acidic and lighter colors are less acidic. The "Brandywine" tomato dates back to 1885 and has a rich red color that gives it a fine, sweet flavor. While the "Green Zebra" from the 1970's shares a close resemblance to a miniature watermelon and has a nice tart flavor that is excellent in salads. Yellow and orange varieties have a mild and sweet flavor while purple and black varieties have a bold, rich, acidic flavor.

Heirlooms include more than just tomatoes so look for your favorite vegetables with a heirloom twist. You may find it very enjoyable to grow a piece of history right in your garden. If you need some help choosing seeds a few useful websites are posted in the box to the left.

**Popular Heirloom
Seed Distributors**

- www.reneesgarden.com
- www.burpee.com
- www.cooksgarden.com



Community Garden News
is printed by the
City of Loma Linda



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California Healthy Cities
and Communities

Freezing Garden Vegetables

Do you have more garden vegetables than you know what to do with? Why not try freezing your excess harvest. Freezing vegetables is a simple and easy way to benefit from this fall's harvest. Freezing preserves more nutrients and a fresher flavor than canning or drying if done properly.

Step 1 Choose young, tender vegetables at peak ripeness. Work with small quantities at a time.

Step 2 Blanch or scald to stop enzyme action, wilt vegetables for easier packaging, remove earthy flavors and some undesirable bacteria, further clean product, and "set" color. Blanch in boiling water or steam. Hard water may toughen vegetables; if this occurs, use softened water.

Step 3 Cool vegetables immediately after blanching in ice water for time equal to blanching time. Drain thoroughly. Pack, label, and freeze immediately.



For more information about freezing please refer to the Ohio State University extension online at: ohioline.osu.edu/hyg-fact/5000/5333.html

Q: What could a rabbit be
arrested for if it ran through
a garden?

A: Disturbing the peas.



Q: How is a bird on a wire
like a coin?

A: The head is on one side
and tail is on the other.



Q: Why did the gardener
bury her money?

A: She wanted her soil to be
rich.



Jicama Pico de Gallo

Yield: 4-5 Cups

- 2 cups jicama, peeled and julienned
- 1 1/2 cups red or orange pepper, destemmed, deseeded, cut into quarters lengthwise, and sliced
- 1 cup cucumber, peeled, deseeded, and diced
- 3/4 cup red onion, diced
- 1/4 cup freshly chopped cilantro
- 2 T. freshly chopped parsley
- 2 T. apple cider vinegar
- 2 T. olive oil
- 1 T. lime juice
- salt and freshly ground black pepper, to taste

• In a large bowl, place all of the vegetables and fresh herbs, and toss gently. Drizzle the vinegar, oil, and lime juice over the vegetable mixture, season to taste with salt and pepper, and toss gently to thoroughly coat the vegetables. Cover and chill in the refrigerator for 30 minutes to allow the flavors to blend. Serve as a salad or side dish, with tortilla chips or crackers, as part of a sandwich filling, or as a topping for Mexican or Southwestern style dishes.

